Simple Home Cookery *by the* Check Apron Girl

Brown & Polson Ltd.,
Paisley & London.

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Simple Recipes

HOME BAKING
with CORN FLOUR
RAISLEY
& CUSTARD POWDER

Brown & Polson Ltd.
Paisley & London

INDEX

PAGE

SOUPS.

Tomato Soup 5
White Vegetable Soup . . 5

FISH.

Cod à la Creme . . . 6
Fish Mould with Salad . . 6

FISH SAUCES.

Mayonnaise Sauce . . . 7
Mustard Sauce . . . 7
White Fish Sauce . . . 7

VEGETABLES.

Butter Beans 8
Brussels Sprouts . . . 9
Cauliflower au Gratin . . 8

VEGETABLE SAUCES.

Egg Sauce 9
Parsley Sauce 9
Tomato Sauce 10
White Sauce 9

MEAT DISHES.

Cornish Pasties . . . 11
Sausage Rolls 11
Steak and Kidney Pudding . 10

SAVOURIES.

Cheese Straws 12
Savoury Omelettes . . . 12
Welsh Rarebit 12

HOT SUET PUDDINGS.

Brown Pudding . . . 13
Fig Pudding 13
Foundation for Suet Pudding 13
Lemon Pudding . . . 13
Marmalade Pudding . . 14
Melrose Pudding . . . 14
Roly Jam Pudding . . . 15
Simple Plum Pudding . . 15
Sultana Pudding . . . 13

SWEET SAUCES.

Jam Sauce 14
Marmalade Sauce . . . 15

HOT MILK PUDDINGS.

Apple Tart 16
Castle Puddings . . . 16
Caramel Custards . . . 16
Corn Flour Custard Pudding . 17
Lemon Pudding . . . 17
Simple Baked Pudding . . 17

PAGE

FRUIT JELLIES.

General Recipe . . . 19
Natural Fruit Jellies . . 19
Prune Mould 19
Wine Jelly 19

BREAD

Little Dinner Loaves . . 24

SCONES AND ROLLS.

Milk Bread Twists . . . 25
Scotch Breakfast Scones . 25

BUNS.

Corn Flour Cookies . . . 27
London Buns 26
Paisley Rolls 26
Raspberry Buns . . . 27

PASTRIES

Rough Puff Pastry . . . 28
Short Crust (Pastry) . . 28

JAM SANDWICHES.

Macaroon Tartlets . . . 29
Paisley Jam Sandwich No. 1 . 29
Swiss Roll 29

SHORTBREAD.

Afternoon Tea Cakes . . 30
Scotch Shortbread . . . 30
Shortbread Biscuits . . 30

BISCUITS.

Almond Rings 31
Melting Moments . . . 31
Wheaten Meal Biscuits . . 31

SMALL CAKES.

Cheese Cakes 32
Rice Cakes 32

LARGE CAKES.

Cherry Cake 33
Corn Flour Cake . . . 34
Madeira Cake 35
Mondamin Cake . . . 34
Plain Sultana Cake . . . 35
Vanduara Lunch Cake . . 33

COLD SWEETS.

Blanc Mange Sponge . . 22
Creamy Custard . . . 22
Chocolate Blanc Mange . 23
Corn Flour Blanc Mange . 21
Fairy Pudding . . . 23
How to serve a Blanc Mange 21

STEWED FRUITS

Directions for Stewing Fruit . 18

CUSTARD RECIPES.

Apricot and Custard Pudding 37
Apple Trifle 38
Baked Raisin Pudding . . 37
Baked Apples with Custard Sauce 39
Boiled Custard 36
Gooseberry Custard Tartlets . 39
Lemon Custard Pie . . . 37
Rice Custard Pudding . . 39
Simple Trifle 38

GENERAL.

PAGE

The use of Corn Flour . . . 3
The use of "Raisley" . . . 4
How to serve a Blanc Mange . 21
How to Stew Fruit . . . 18
Corn Flour as food for children . 20
Table of equivalent weights and measures 44
Useful Hints on Baking . . . 40-43
Custard Powder Recipes . . . 36-39

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THE USE OF CORN FLOUR

INDIAN Corn, or Maize, has been grown for centuries in hot climates, where it practically forms the staple food for the people of those countries. But it is only within the last seventy years or so that the refined starch substance known as Corn Flour has been specially prepared from this cereal for cooking purposes. Since then the fame of Corn Flour has rapidly increased, and many are the uses to which it may daily be put.

For Soups and Sauces

Being composed almost entirely of pure starch of a specially delicate flavour, its value as a thickening agent for soups and sauces is altogether unrivalled by any other farinaceous material; whilst the greater smoothness of the starch grains gives an undoubted superiority over ordinary flour, which is apt occasionally to cause lumpiness.

For Cakes and Pastry

In cake and pastry making, the addition of Corn Flour to the ordinary flour in varying proportions, or in some cases Corn Flour used entirely in place of flour, will be found to enhance greatly the quality and lightness of the compound. Choux pastry is especially successful, if made with a certain addition of Corn Flour.

For Jellies, Creams, Blancmanges, and Suet Puddings

The value of Corn Flour in the stiffening of blancmanges, creams, jellies and custards is greatly appreciated by most cooks, and its equal importance in the making of hot puddings is widely known. When mixed with ordinary flour and a due proportion of finely chopped suet, and the whole steamed thoroughly, puddings result which are much more digestible than those which are made with ordinary flour alone.

For Savouries and Sundries

There is a use every day, in every kitchen, for Corn Flour, and to learn what can be made with it is to make cookery doubly attractive.

In the following pages will be found many recipes for light and wholesome dishes for every meal.

Corn Flour being a starch food supplies the body with heat, and with force or motive power. When thoroughly cooked, so that every starch grain is enabled to expand to its utmost, there is no more digestible foodstuff than Corn Flour. Combined with milk, as it usually is, Corn Flour forms a perfect food both for grown-ups and children.

Corn Flour possesses further a very valuable property in assisting the digestion of milk. As is known, many cannot digest milk, owing to its curdling in the stomach. Now, if a little Corn Flour be boiled with the milk—a teaspoonful to a breakfast cupful boiled 10 minutes—this breaks up the curd of the milk, and makes it digestible to many a weak stomach.

One word of warning. Children should never be given Corn Flour before teething is well advanced, as before that age infants cannot digest *any* kind of starch food.

THE USE OF "RAISLEY"

"RAISLEY" is a pure and wholesome preparation, and fulfils all the requirements of a high-class baking powder or leavening agent. For ordinary baking purposes it should be used in the proportion of

1 part "Raisley" to 8 parts of flour.
(=2 oz. "Raisley" to 1 lb. of flour).

In some cases the proportion may have to be varied: the exact proportion is given in each recipe. The mixture of "Raisley" with ordinary flour gives a perfect self-raising flour. "Raisley" retains its full raising power and gives a baking flour fresher and more reliable than ready made self-raising flour.

SCONES AND CAKES baked with "Raisley" can be eaten almost fresh from the oven, with all the pleasant fresh flavour of the newly baked, without fear of indigestion. If scones get too dry the second day, re-heat in the oven, when they will become quite moist and soft again. They are so easily and quickly made, however, that it is quite simple to make them fresh for every meal and thus have them always at their best.

PASTRY & PIE-CRUSTS made with "Raisley" turn out short and crisp—Suet Puddings deliciously light and crumbly.

"RAISLEY" mixes so easily with flour, and raises so evenly and well, that you may be sure of your baking being perfectly raised and uniformly cooked throughout.

"RAISLEY" is very easily distributed through the other materials and greatly simplifies the preparation of the dough.

To ensure success, observe the following points:—

1. Use no yeast or baking powder.
2. Use 1 part "Raisley" with 6 to 8 parts flour.
3. Mix the "Raisley" and flour well together.
4. Prepare the oven beforehand so that it is hot enough to receive the dough as soon as ready.
5. Make into a soft dough quickly with COLD milk or water.
6. As soon as the dough is prepared put it at ONCE into a HOT OVEN.

Tomato Soup

For 6 *to* 8 *persons. Time* 1½ *to* 2 *hrs.*

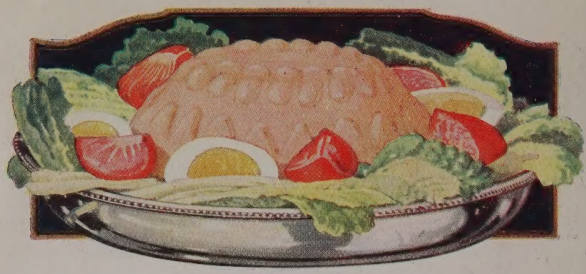
1 oz. Brown & Polson's " Patent " Corn Flour.
2 oz. Margarine.
2 oz. lean Ham or Bacon Trimmings.
1 Onion, 1 Carrot, 1 stick Celery.
1 small bunch of Herbs.
2 lbs. Tomatoes, or 1 Tin of Tomatoes.
1 pint liquor from Tomatoes with stock or water to make up to 3 pints.
Salt and Pepper. 2 tea-spoonfuls Castor Sugar.

Melt the margarine and cook in it the chopped ham, sliced onion, carrot and celery. Add the tomatoes (when using fresh tomatoes they should be sliced). Cook for ten minutes, add the tomato liquor or stock, herbs and seasoning, and simmer till all the vegetables are tender (about one hour). Remove the herbs and rub the soup through a sieve. Return to the saucepan, bring to the boil, add the Corn Flour blended with a little cold water, and boil for a few minutes, stirring all the time. A gill of cream added to this soup is an improvement.

White Vegetable Soup

1 oz. Brown & Polson's " Patent " Corn Flour.
1 Carrot, Turnip, Onion.
1 Leek.
1 Stick Celery, Salt and Pepper.
2 oz. Butter.
1 pint White Stock.
½ pint Milk.
2 Bay Leaves.
1 tea-spoonful Castor Sugar.

Cut the vegetables into shreds. Put into a saucepan with the melted butter, and cook for five minutes without browning. Add the bay leaves, salt, sugar and stock (boiling). Simmer for fifteen minutes till the vegetables are soft. Mix the Corn Flour with the milk and add. Boil for a few minutes while stirring carefully. Remove the bay leaves and serve.



Fish Mould with Salad

For 3 *or* 4 *persons.*

2 oz. Brown & Polson's " Patent " Corn Flour.
½ lb. cooked Fish. 3 gills Milk.
Pepper, Salt, and grated Lemon Rind to taste.
½ pint of Water.
1 dessert-spoonful chopped Parsley.

Flake fish finely, removing all skin and bone. Mix the Corn Flour with a little cold milk, while bringing the rest of milk and water to the boil. Add Corn Flour and boil for ten minutes, stirring all the time. Mix fish and seasonings with the parsley, and stir into the cooked Corn Flour. Pour into a well-rinsed mould. When cold, turn out and serve with salad, and mayonnaise sauce (see page 7).

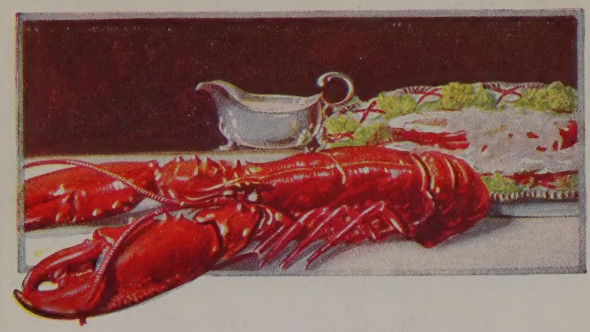
NOTE.—The chopped parsley gives all the advantages of parsley sauce.

Cod à la Creme

For 4 *persons.* *Time* 30 *min.*

1 oz. Brown & Polson's " Patent " Corn Flour.
2 Slices Cod (1 lb.).
¾ pint Milk.
A small piece of Onion.
Parsely and a little Mace.
2 Cloves. Seasoning.
Lemon Juice. 1 Egg.

Wash and dry the fish and place in a saucepan with the milk, spice, seasoning, onion and parsley. Simmer gently till the fish is cooked (about twenty minutes), then place the fish on a hot dish and keep warm. Strain the milk and return to the pan, add the Corn Flour mixed smoothly with a little cold milk, stir till boiling, and simmer for a few minutes. Remove from the fire, season carefully, add a little lemon juice and the beaten egg, taking care that the sauce is not boiling or the egg will be curdled. Coat the fish carefully with the sauce, serving the rest in a sauce boat. Garnish with parsley.



Mayonnaise Sauce

2 tea-spoonfuls Brown & Polson's "Patent" Corn Flour.
1 tea-spoonful Mustard.
1 dessert-spoonful Sugar.
Few grains Cayenne Pepper.
2 Yolks of Eggs.
2 table-spoonfuls Salad Oil or Melted Butter.
1 gill Vinegar. ½ pint Milk.

Mix all dry ingredients, beat up the yolks and add; then add the oil gradually, and the vinegar. Lastly add the milk, put in a double boiler, and stir till the consistency of custard.

Mustard Sauce

To serve with boiled or fried herrings or mackerel.

¾ oz. Brown & Polson's "Patent" Corn Flour.
1 oz. Butter.
1 table-spoonful Vinegar.
1½ tea-spoonfuls Mustard.
½ pint Stock.
Pepper, Salt, Cayenne.

Melt the butter, stir in the Corn Flour, add the stock, and stir till boiling. Cook for five minutes. Add the mustard mixed with the vinegar, also the seasoning. Cook for a few minutes more, then serve.

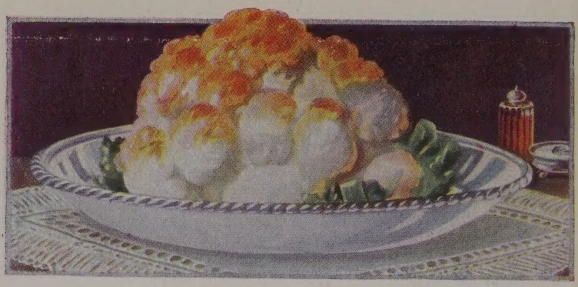
A little more mustard or vinegar can be added according to taste.

White Fish Sauce

Time 20 *to* 30 *mins.*

¾ oz. Brown & Polson's "Patent" Corn Flour.
¼ pint Milk.
1 gill Fish Stock.
1 oz. Butter.
1 Shallot.
1 Clove.
Small piece of Mace.
Lemon Juice.
Salt and Pepper.

Put the milk and fish stock into a saucepan with the clove, mace, and shallot peeled and sliced. Heat very slowly to boiling point. Simmer gently for ten minutes then strain. Melt the butter, stir in the Corn Flour, add the liquid and stir till boiling. Simmer for a few minutes, stirring all the time. Add the lemon juice and seasoning. It is then ready to serve.



Cauliflower au Gratin

Sufficient for 4 *to* 6 *persons.* *Time* 40 *mins.*

1 large Cauliflower.
½ pint White Sauce.
1½ oz. grated Cheese, preferably Parmesan.
Seasoning.

Cut the stalk of the cauliflower, remove outside leaves, but leave the green leaves next the flower. Stand in cold water with a table-spoonful salt and let it remain for a time to draw out any insects there are. Put in a saucepan of boiling salted water with the head down, bring quickly to boiling point, then cook gently till tender without the lid (about twenty minutes). Lift from the saucepan, drain thoroughly, and place in a greased fireproof dish, press with a clean cloth to make a neat compact shape. Add 1 oz. cheese to the sauce, season carefully and pour over the cauliflower. Sprinkle with the rest of the cheese a few browned breadcrumbs, put a few bits of butter on the top and place in a hot oven for about ten minutes.

Butter Beans à la Maître d'Hôtel

(*Sufficient for* 4 *persons.*)

½ pint Butter Beans.
1 oz. Butter.
1 gill White Sauce.
2 tea-spoonfuls chopped Parsley.
Lemon Juice.
Salt and Pepper.

Soak the beans in cold water all night. Drain and boil in salted water till soft (1½ to 3 hours). Drain the beans and put into a stewpan with the melted butter. Shake over the fire for a few minutes, then add the sauce and mix well. Season with salt, pepper and lemon juice. Add the chopped parsley. Serve in a hot dish with a little chopped parsley sprinkled over.

Brussels Sprouts

For 3 *to* 4 *persons.* *Time* 30 *mins.*
1 lb. Brussels Sprouts.
¼ tea-spoonful Carbonate of Soda.
Salt.
White, Parsley, or Egg Sauce.

Wash the sprouts and remove the outer leaves if decayed. Put them in a basin of salted water—a small dessert-spoonful of salt to a quart of water—to soak for about an hour. Put them into salted boiling water with the soda added, and allow them to boil, without the lid, for twenty or thirty minutes or till tender. Pour into a colander to drain, return to the saucepan and allow them to re-heat. Serve very hot, piled on a hot vegetable dish, with a sauce as above poured over them, or served in a separate dish if desired.

White Sauce

½ oz. Brown & Polson's " Patent " Corn Flour.
1 oz. Butter or Margarine.
½ pint Milk.
Salt and Pepper.

Melt the butter, stir in the Corn Flour, add the milk. Stir till boiling, and cook for five minutes. Season as required.

Parsley Sauce

To half a pint of White Sauce add two tea-spoonfuls chopped parsley.

Egg Sauce

To half pint of White Sauce allow one hard boiled egg. Cut the egg in half, remove the yolk, chop the white rather finely, and add to the sauce. Pour this over the vegetable. Rub the yolk through a sieve or strainer and use as a garnish.

Steak and Kidney Pudding

Sufficient for 6 *persons.* *Time* 4½ *hours.*

½ lb. Suet Pastry (page 13).
¾ lb. Steak.
¼ lb. Kidney.
Small piece of Onion.
¼ pint of Stock or Water.
3 tea-spoonfuls Flour.
1 tea-spoonful Salt.
¼ tea-spoonful Pepper.

Cut the steak in strips, cut the kidney and fat from the steak into small pieces. Mix together the flour, salt and pepper, dip the steak into this, put a piece of kidney and fat on each piece, and roll up. Roll out three-quarters of the pastry into a round, and with it line a greased pudding basin. Place in it the prepared meat, chopped onion and stock. Moisten the edges, and roll out the other piece of pastry and place over the top. Press the edges together. Cover with a floured pudding cloth, and put into a saucepan of boiling water. Boil for four hours.

Tomato Sauce

Time 30 *mins.*

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.
1 small Onion.
½ small Carrot.
½ oz. Ham or Bacon trimmings.
½ lb. Tomatoes.
½ pint Stock.
½ oz. Dripping or Butter.
Small bunch of Herbs.
2 Cloves.
4 Peppercorns.
Salt and Pepper.

Slice the onion and carrot, and fry with the ham in the butter, but do not allow to brown. Add the tomatoes sliced, stock, seasoning and herbs, and simmer for half an hour. Rub through a hair sieve, or fine strainer, return to the pan, and add the Corn Flour mixed with a little cold water. Stir till boiling, boil for a few minutes to cook the Corn Flour. If fresh tomatoes are used one tea-spoonful vinegar may be necessary, if tinned tomatoes, one tea-spoonful sugar. If the tomatoes are a poor colour, a little colouring should be added to the sauce.

Sausage Rolls

8 Rolls. Time 30 mins.

½ lb. Sausages.
½ lb. Flaky or Rough Puff Pastry (see page 28).

Skin the sausages, divide into eight portions, and form into little rolls. Roll the pastry into a square shape, and cut into eight squares. Put a roll of sausages on each. Moisten one edge of pastry, fold the pastry over, letting the fold come at the top. Mark a straight line along the ends and along the top with a knife. Put on a flat baking sheet, and brush over with beaten egg, and bake in a hot oven for about twenty minutes.

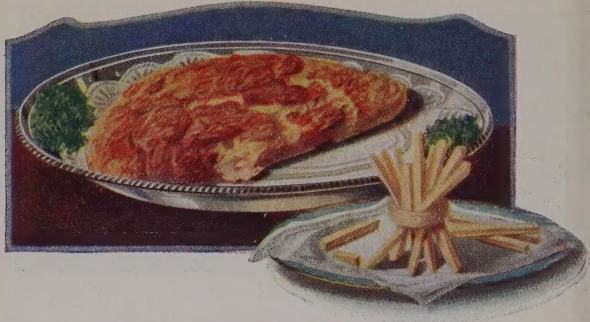
Cornish Pasties

Sufficient for 7 or 8 pasties.

Time 30 to 40 mins.

¼ lb. plain Short Pastry (large).
¼ lb. Steak.
¼ lb. Potatoes.
1 small Onion.
Salt and Pepper.
2 tea-spoonfuls Water.

Cut the meat and the potatoes into dice, chop the onion, mix all together with salt and pepper and two tea-spoonfuls of water. Roll out the pastry and cut into six rounds the size of a saucer. Put a table-spoonful of the mixture on to each round, brush the edge with a little water, draw the edges up together over the top, and mark with the fingers into a frill. Brush over with the egg or milk, and bake in a quick oven at first, then moderate for thirty minutes.



Savoury Omelette

For 2 *persons. Time* 15 *mins.*

½ oz. Brown & Polson's "Patent" Corn Flour.
½ tea-cupful Milk. 2 Eggs.
½ tea-spoonful each Salt, Pepper, and made Mustard.
½ to 1 oz. Butter or Lard.

Mix Corn Flour to a smooth cream with a little milk, bring the remainder to the boil, pour in the Corn Flour; boil for five minutes, stirring, allow to cool. Separate egg yolks from whites and beat them in basin; add seasonings and the cooked Corn Flour, beating well. Beat egg whites to a stiff froth, with pinch of salt, and add in. Heat the butter or lard in omelette pan and pour in omelette. Shake the pan gently over the fire till the underside is nicely browned, then hold in front of the fire till the top is brown. Fold over and serve on hot plate at once.

Welsh Rarebit

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.
2 oz. Cheese.
1 oz. Butter.
Salt and Pepper.
½ tea-cupful Milk.
¼ tea-spoonful Mustard.

Grate or shred the cheese, melt the butter, stir in the Corn Flour, add the milk, cheese, seasoning and mixed mustard. Stir over a gentle heat till smooth and thick. Pour on to buttered toast and serve hot.

This method of preparing Welsh Rarebit is particularly digestible and palatable.

Cheese Straws

For 4 *to* 6 *persons. Time* 20 *mins.*

2 oz. Brown & Polson's "Patent" Corn Flour.
2 oz. Flour. 2 oz. Butter.
2 oz. grated Parmesan Cheese.
1 oz. ,, Cheddar ,,
A pinch of Salt, Pepper, and Cayenne.
1 yolk of Egg.

Measure out the ingredients. Mix together the flour and the Corn Flour. Rub the butter lightly in. Add the grated cheese and the seasonings. Make it into a smooth paste with the yolk of egg. Roll this out ¼ inch thick and 6 inches broad. Cut it up into straws ¼ inch broad. Put them on a greased oven shelf and bake till a light yellow colour. Serve neatly on a folded napkin.

Foundation for Suet Puddings

For 4 to 6 persons. Time 2 to 3 hrs.

1½ oz. Brown & Polson's "Raisley."
8 oz. Flour.
4 oz. Suet.
4 oz. Sugar.
Milk to mix.

Mix the flour and "Raisley," chop the suet with them, add the sugar, and mix well together. Vary in the following manner :—

FOR BROWN PUDDING.—Add to the above a teaspoonful of ground ginger, and a quarter pound of treacle. Then stir in sufficient milk to mix.

FOR SULTANA PUDDING.—Add three ounces of sultanas or raisins, one ounce of citron, and the grated rind of a lemon. Mix with milk.

FOR MARMALADE PUDDING.—Add a quarter of a pound of marmalade and sufficient milk to mix.

FOR FIG PUDDING.—Add half a pound of chopped fig, and milk to mix.

FOR LEMON PUDDING.—Add the grated rind and juice of two lemons and sufficient milk to mix.

Any of the above puddings can be steamed in a well-greased pudding basin, and served with sweet sauce.

Fig Pudding

For 4 to 6 persons. Time 4 to 5 hrs.

1 oz. Brown & Polson's "Patent" Corn Flour.
½ oz. " " "Raisley."
8 oz. Figs.
3 oz. Brown Sugar.
½ pint Milk.
1 oz. Flour.
4 oz. Bread Crumbs.
Grate of Nutmeg.
4 oz. Suet, chopped.
2 Eggs.

Chop the figs and sugar together, and stew gently in the milk for fifteen minutes. Sift flour, Corn Flour, and "Raisley" well together, put into a basin with the bread crumbs, suet and nutmeg, and mix all together. Stir in the stewed fig mixture, and add the eggs well beaten. If more moisture is required add a little milk. Put into a well-buttered basin, and steam or boil for four hours. Serve with custard sauce round the pudding (see page 36).

Hot Suet Puddings

Marmalade Pudding

For 4 *to* 6 *persons.* *Time* 2½ *hrs.*

1 oz. Brown & Polson's "Raisley."
4 oz. Flour.
4 oz. Breadcrumbs.
4 oz. chopped Suet.
2 oz. Sugar.
Grated rind of 1 Lemon.
½ lb. Marmalade.
1 Egg.
¼ pint Milk.

Mix the dry ingredients together. Add the marmalade and beaten egg and milk. Put in a greased basin, cover with greased paper, and steam for two and a half hours. Serve with Marmalade Sauce (see page 15).

Melrose Pudding

For 4 *to* 6 *persons.* *Time* 2 *hrs.*

½ oz. Brown & Polson's "Raisley."
3 oz. Castor Sugar.
A few preserved Cherries or Raisins.
2 oz. Butter.
2 Eggs. 3 oz. Flour.
1 oz. Ground Almonds.

Measure out the ingredients. Butter a plain mould, dust it with sugar and decorate with a few cherries or raisins. Beat the butter and sugar to a cream, beat up the eggs and add them. Stir in the flour, almonds and "Raisley," and mix thoroughly. Pour at once into the prepared mould, cover with a piece of buttered paper and steam for 1½ hours. Turn out and serve hot with Jam Sauce :—

Jam Sauce

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.
1 table-spoonful Red Jam.
1 gill Water.
Juice of ½ Lemon.
½ oz. Sugar.

Put the jam into a saucepan with the water and sugar, and simmer for ten minutes. Mix the Corn Flour with the lemon juice. Strain the syrup, add the mixed Corn Flour, and stir until boiling.

Hot Suet Puddings

Roly Jam Pudding

For 8 persons.

1½ oz. Brown & Polson's "Raisley."
8 oz. Flour.
4 oz. Suet.
3 oz. Sugar.
Milk or Milk and Water to mix.
Jam.

Sift the flour and "Raisley" together into a bowl. Chop the suet finely and add to the flour with the sugar. Make a well in the centre and mix to a nice dough with the milk and water. Turn on to a floured board, roll out to oblong shape, spread with jam, roll up, seal the ends firmly, place in a floured cloth, secure the ends, and plunge at once into a saucepan of boiling water. Boil for two or two and a half hours, being careful that the pudding does not stop boiling the whole time.

Marmalade Sauce

½ oz. Brown & Polson's "Patent" Corn Flour.
½ pint Water.
1 lemon.
1 table-spoonfnl Marmalade.
2 oz. Sugar.

Peel the lemon thinly and boil the rind with the water. Mix the Corn Flour with the lemon juice. Strain the liquid on to the mixed Corn Flour. Stir in the sugar and marmalade and boil for a few minutes.

Simple Plum Pudding

For 6 to 8 persons. Time 3 to 4 hrs.

1 oz. Brown & Polson's "Raisley."
6 oz. Flour.
2 oz. Bread Crumbs.
4 oz. Suet.
2 oz. Brown Sugar.
4 oz. Currants.
4 oz. Raisins.
2 oz. Mixed Peel.
1 tea-spoonful each Cinnamon, Ground Ginger, Spice.
2 table-spoonfuls Syrup.
1 Egg.
Milk to mix.

Sift the flour and "Raisley" well together; clean the currants, stone the raisins, chop the peel and suet. Mix all the dry ingredients in a basin. Heat the syrup slightly and add it. Beat the egg well and stir in with sufficient milk to moisten. Fill into a well-buttered basin and steam for three or four hours.

Hot Milk Puddings

Castle Puddings

6 to 8 puddings. Time 30 mins.

½ oz. Brown & Polson's "Raisley."
2 Eggs, and their weight in Butter. Sugar and Flour.

Cream together the butter and sugar, beat in the eggs alternately with a little flour. Add the rest of the flour and "Raisley" well mixed. Half fill greased Dariel tins, and bake twenty minutes. Turn out on a hot dish, and pour Jam Sauce round (see page 14).

Apple Tart

For 4 to 6 persons. Time 1 hour.

6 or 8 Apples.
1 to 2 oz. Castor Sugar, and a little water. Cloves.

Peel and core the apples. Slice them and pile high in a pie dish with the sugar, water, and cloves.

FOR THE CRUST.

2 oz. Brown & Polson's "Patent" Corn Flour.
1 oz. ,, "Raisley."
4 oz. Flour. 1 tea-spoonful Sifted Sugar.
4 oz Butter. Pinch Salt, and cold Water to mix.

Mix the Corn Flour and the flour together. Rub in the butter. Add the "Raisley," sugar and salt. Mix thoroughly. Make into a stiff paste with cold water. Roll out on a floured board till rather larger than the pie dish. Cut a strip of paste and lay it on the rim of the pie dish. Wet the strip and lay on the cover. Trim off the rough edges, notch, and bake in a quick oven for about forty or fifty minutes.

Caramel Custards

For 4 to 6 persons. Time 40 mins.

1½ oz. Brown & Polson's "Patent" Corn Flour.
4 oz. Loaf Sugar. ½ pint Water.
1 pint Milk. 2 Eggs.
½ oz. Castor Sugar. ½ tea-spoonful Lemon Essence.

Measure out the ingredients. Boil the loaf sugar and water together until it becomes a rich brown colour. Quickly coat half a dozen dariole moulds with it. Blend the Corn Flour with a little of the milk and bring the remainder of the milk to the boil. Stir in the blended Corn Flour, add the beaten eggs, and boil for three minutes, stirring all the time. Allow it to cool slightly. Stir in the sugar and flavouring. Half fill the coated moulds with the custard and steam gently for half an hour. Turn out and serve hot or cold.

Corn Flour Custard Pudding

For 4 to 6 persons. Time 1 hour.

3 oz. Brown & Polson's " Patent " Corn Flour.
2 pints best Milk. 3 oz. Castor Sugar. 3 Eggs.
A piece of Lemon Peel, Cinnamon, Bay Leaf, or Vanilla, etc.

Blend the Corn Flour with a little of the milk. Beat up the eggs. Bring to the boil the remainder of the milk with the sugar and flavouring. If lemon peel, cinnamon, or bay leaf has been used, remove it now. Stir into the milk the Corn Flour mixture and boil for ten minutes stirring all the time. Remove from fire. After a minute or two stir in the beaten eggs; pour into a buttered dish and bake in a slow oven till a nice brown on top.

NOTE.—All kinds of Custard Puddings must be baked in a very slow oven. A hot oven causes the mixture to boil, and curdle. The pudding then is very loose and watery.

Lemon Pudding

For 4 to 6 persons. Time 20 to 30 mins.

2 oz. Brown & Polson's " Patent " Corn Flour.
1½ pints Water. 6 oz. Castor Sugar. 3 Eggs. 2 small Lemons.

Measure out the ingredients. Blend the Corn Flour with a little of the water, bring the remainder of the water to the boil, pour it over the blended Corn Flour, stirring vigorously till it becomes thick and smooth. Stir in 3 oz. of the sugar, the yolks of the eggs, and the grated rind and juice of the lemons. Pour into a pie dish and place in a moderate oven until it begins to bubble up. Whisk the whites of the eggs to a stiff snow and add to them 3 oz. of the sugar. Spread this over the pudding and replace in the oven until it becomes a light brown. Serve at once; or it may be allowed to cool and be served as a cold pudding.

Simple Baked Pudding

For 4 to 6 persons. Time 1 hour.

3 oz. Brown & Polson's " Patent " Corn Flour.
2 pints best Milk. ½ oz. Butter.
1 to 2 oz. Castor Sugar. A pinch of Salt.

Mix the Corn Flour with a little of the milk to a smooth cream. Bring the rest of the milk to the boil. Stir the Corn Flour into it. Add the butter, sugar, and salt. Boil for ten minutes, stirring all the time. Bake in a very gentle oven till a nice brown on the top, or brown before the fire. Serve with sugar or jam, etc.

SULTANA PUDDING.—After boiling ten minutes, stir in 3 or 4 oz. of sultana raisins, and bake as above.

BAKED CORN FLOUR CUSTARD.—Before boiling the Corn Flour beat up two eggs and stir in. Boil and bake as above.

Stewed Fruit

How to Stew Fruit

Fresh fruit when stewed retains all its healthful and refreshing properties, and at the same time is much safer to take. There is no danger in eating unripe fruit if it be well stewed; indeed, most fruits for stewing are the better for being a little unripe and tart.

The following fruits in season are very nice when stewed: Cherries, Rhubarb, Green Apricots, Gooseberries, Currants, Raspberries, Blueberries, Blackberries, Cranberries, Plums, Greengages, Damsons, Apples, Crab-apples, Quinces, Pears, Peaches, Nectarines, Green Figs, Oranges.

Directions for Stewing Fruit

Prepare a syrup by boiling 1 lb. castor sugar and 1½ pints water in a lined saucepan for quarter of an hour, removing carefully the scum as it rises. For smaller quantities of syrup, take 11 oz. sugar to 1 pint water, or 5½ oz. sugar to ½ pint water.

Put the prepared fruit in the syrup and let it simmer till tender. Remove the fruit, drain it on a sieve, and reduce the syrup by boiling briskly for a few minutes. When cold place the fruit round a Blanc-Mange in a glass dish and pour the syrup over. The fruit may also be served in a separate glass dish.

Rhubarb is improved by adding a few drops of lemon juice.

Red or White Currants and Raspberries go very well together.

Plums, Greengages, Damsons.—One or two stones may be cracked and the kernels boiled with the fruit.

Green Figs are improved by boiling the rind of half a lemon with the syrup and adding a little lemon juice to the fruit.

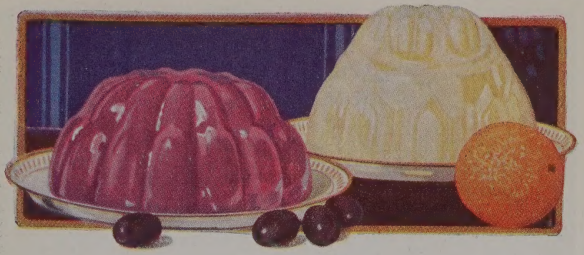
Gooseberries for stewing should not be too ripe.

Greengages, Peaches, Nectarines.—Remove stones before stewing. Pare peaches and nectarines.

Oranges.—Peel the oranges, remove as much of the white pith as possible, and divide into sections. Add the rind of the orange, cut it into thin strips when making the syrup. Remove it and simmer the sections of oranges in the syrup for about five minutes.

Apples and Pears are improved by adding the rind of a lemon to the syrup and a few drops of lemon juice to the fruit. A few cloves are also added sometimes, and a glass of port to stewed pears.

Fruit Jellies



Natural Fruit Jellies

These jellies are made simply with Corn Flour and fresh fruit. They are more wholesome and nourishing than prepared jellies and artificially flavoured powders. They are easily made and retain the pleasant flavour and all the good qualities of fresh fruit.

General Recipe

For 6 *persons. Time* 15 *mins.*

2¼ oz. (4½ table-spoonfuls filled level) Brown & Polson's "Patent" Corn Flour.
1½ pints (2½ large or three small breakfast-cupfuls) any kind of Fruit Juice.
Sugar to taste.

Mix the Corn Flour to a smooth cream with a little of the juice. Bring the rest of the juice to the boil. Remove the saucepan from the fire. Pour the mixed Corn Flour slowly into it, stirring vigorously. Bring to the boil again and boil well for THREE minutes, stirring all the time. Pour into a wet mould and cool. When cold, turn out and serve with whipped cream. The juice of half a lemon may be added to help the flavour.

Prune Mould

For 6 *persons. Time* 25 *to* 30 *mins.*

2¼ oz. Brown & Polson's "Patent" Corn Flour.
1 lb. Prunes. 3 oz. Sugar. 1 Lemon.
1 wineglass Claret or Brandy. 1¾ pints Water.

Well wash the prunes and soak in one pint of water all night. Put into a saucepan with the sugar and lemon rind cut thinly, and the liquid in which they have soaked, and cook gently till soft, and remove the stones. Mix the Corn Flour with a little cold water, put the rest of the water in the saucepan with the lemon juice and the syrup from the prunes. Add the blended Corn Flour, stir till boiling, add the prunes, continue to cook for about five minutes. Add the claret or brandy, a little cochineal to improve the colour. Put into a border mould, when set turn out in a glass dish and serve with whipped cream in the centre.

NOTE.—If a border mould is not available, set in a quart mould, or two pint mould, and serve with creamy custard (page 22). The claret or brandy may be omitted.

Wine Jelly

For 6 *persons. Time* 15 *mins.*

2 oz. Brown & Polson's "Patent" Corn Flour.
1¼ pints Water. 6 oz. Sugar. 2 Cloves. ½ inch Cinnamon.
Rind and juice of 2 Lemons. ½ pint Sherry.

Put the water in a saucepan with the sugar, cloves, cinnamon, and thinly cut lemon rind, heat very slowly to boiling point.

Mix the Corn Flour with the lemon juice, strain the liquid on the mixed Corn Flour, return to the saucepan and stir till boiling. Continue boiling and stirring for three or five minutes. Add the sherry and cook for another minute. Pour into a mould and put into a cool place to set. Turn out on a glass dish and serve plain or with creamy custard (page 22).

Corn Flour

As Food for Children

Corn Flour is a pure farinaceous or starch food, and as such is not suited for young infants until teething is well advanced. This is because infants cannot digest farinaceous food. The first process of its digestion takes place in the mouth, by means of certain juices of the saliva. These digestive juices are not present in the young at birth, and only begin to develop about the third or fourth month after birth, or about the time of teething. After teething, these digestive juices are abundantly present, and then is the time when Corn Flour may be usefully given to the young. Besides at that time some more substantial and solid form of food than pure milk becomes desirable, and for this purpose Corn Flour is very suitable.

Corn Flour as a food supplies the body with heat, and with force or motive power. Milk contains a large amount of flesh-forming food, fat in the form of cream, and salts. Thus it is that the combination of milk and Corn Flour forms an all-round food, containing all the food-stuffs required for the nourishment of the body, and in very suitable proportions.

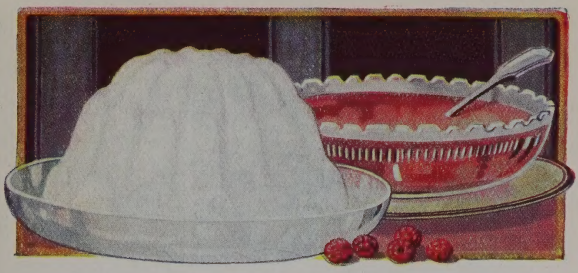
Corn Flour is given to young children in the form of milk soup, and later as a hot-baked pudding, or as a cold blancmange in summer.

The greatest care is exercised in the manufacture of Brown & Polson's "PATENT" Corn Flour to produce a perfectly pure and sound article, therefore this Corn Flour combined with good sweet milk makes a very wholesome food.

In addition this Corn Flour possesses a delicate nutty flavour which makes it very much liked by children.

A Valuable Property of Corn Flour in Relation to Milk.

Sometimes children and invalids and even the healthy cannot assimilate milk owing to its curdling in the stomach. But if a little Corn Flour be well boiled with the milk—a tea-spoonful to a breakfast-cupful boiled for ten minutes—this will, in the great majority of cases, prevent the curdling of the milk in the stomach. The action of the Corn Flour is to break up the caseine curd which forms, and a light flocculent mass is the result. This makes the milk quite easy of digestion.



Corn Flour Blanc-Mange

For 6 persons. Time 20 mins.

2½ oz. (5 table-spoonfuls filled level) Brown & Polson's "Patent" Corn Flour.
2 pints (3 large or 4 small breakfast-cupfuls quite full) best Milk.
1 tea-spoonful Butter.
A pinch of Salt. 1 oz. Sugar if desired.

Mix the Corn Flour to a smooth cream with a little of the milk. Heat the rest of the milk to the boiling point in a roomy enamelled saucepan. Remove the saucepan from the fire. Pour the mixed Corn Flour slowly into the heated milk, stirring vigorously. Add the butter and salt. Then boil well for ten minutes (by the clock) stirring all the time. Pour into a quart mould and cool. When cold, turn out and serve.

If desired to eat with the chill off, re-heat gently in the mould before the fire or in a very gentle oven. Then turn out and serve.

If flavouring is desired, add one table-spoonful castor sugar before boiling, and two or three drops of essence of vanilla, almond or lemon after boiling. Or a strip of lemon rind, a stick of cinnamon, or a bay leaf may be boiled with the milk and then removed.

All sweet sauces make a good accompaniment to this blanc-mange.

To MAKE A 1-PINT SHAPE, use half the above quantities.

To MAKE 1¼-PINT SHAPE, use
1¼ oz. Corn Flour (3 table-spoonfuls filled level).
1¼ pints Milk (2 breakfast-cups quite full).

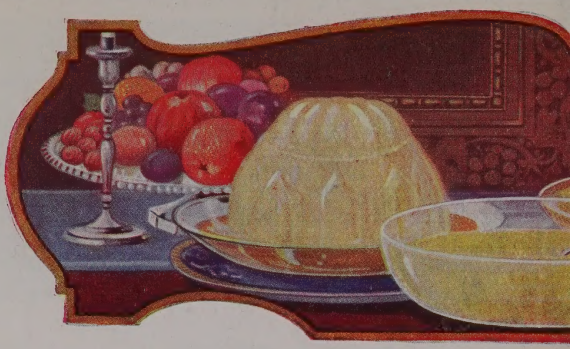
To MAKE 1½-PINT SHAPE, use
2 oz. Corn Flour (4 table-spoonfuls filled level).
1½ pints Milk (2½ large or 3 small breakfast-cupfuls).

Notice that the amount of Brown & Polson's "Patent" Corn Flour required for 2 pints or 1 quart of milk is much less than that required of other Corn Flours—usually 4 ozs.—and therefore, Brown and Polson's is more economical

Earthenware Moulds specially made for Blanc-Mange Shape to be had from Brown & Polson, Ltd., Paisley.

How to Serve a Blanc-Mange

A blanc-mange made according to the previous recipe should be turned out into a glass dish, and may be served plain with milk or cream and sugar; or with any sweet sauce round the dish; or with stewed fruit placed round the dish, or served separately; or, again, with jelly or jam, or any sort of preserved fruit.



Blanc-Mange Sponge

For 4 *to* 6 *persons.* *Time* 10 *to* 20 *mins.*

2 oz. Brown & Polson's " Patent " Corn Flour.
1 pint Milk.
½ oz. Butter or Margarine.
2 Eggs.
2 oz. Castor Sugar.
½ tea-spoonful Vanilla Essence.

Prepare as in recipe for blanc-mange. After the ten minutes boiling remove from fire. Beat the yolks of the eggs with the sugar, and stir in. Whisk the whites of the eggs to a stiff snow, and stir lightly but evenly through the mixture. Pour into a quart mould and cool. Turn out and serve with stewed fruit, fruit juice, or sauce. This sponge can be made with the whites of eggs only, the yolks being used for cake making, or other purpose.

Creamy Custard

TO SERVE WITH STEWED FRUITS AND FRUIT TARTS.

For 4 *to* 6 *persons.* *Time* 15 *to* 20 *mins.*

¾ oz. Brown & Polson's " Patent " Corn Flour.
1 pint Milk.
½ oz. Butter.
2 Eggs.
1½ oz. Castor Sugar.
½ tea-spoonful Essence of Vanilla.

Mix the Corn Flour to a smooth cream with a little of the milk. Bring the rest of the milk to the boil. Pour the mixed Corn Flour into the milk, stirring vigorously. Add the butter. Beat the two yolks of eggs with the sugar and stir into the Corn Flour. Boil for six minutes, stirring all the time. Remove from the fire. Beat up the whites of the two eggs to a stiff snow, and stir lightly to the rest. Allow to cool. When cold remove the skin, add the essence of vanilla, beat up well, and serve in custard cups or in a sauceboat.

Chocolate Blanc-Mange

For 4 *to* 6 *persons.* *Time* 20 *mins.*

2 oz. Brown & Polson's " Patent " Corn Flour.
1½ pints Milk.
2 oz. grated Chocolate.
1 oz. Sugar.
½ tea-spoonful Vanilla Essence.

Dissolve the chocolate in a half pint of the milk. Blend the Corn Flour with a little cold milk. Put on the remainder of the milk to boil. When almost boiling add the mixed Corn Flour. Stir vigorously till quite smooth, and add the dissolved chocolate and the sugar. Boil for ten minutes, stirring all the time. Flavour with vanilla, and pour into a glass dish or a mould rinsed out with cold water. When cold, turn out and serve with whipped cream round the mould. If cocoa is used instead of grated chocolate a less quantity may suffice.

Fairy Pudding

1½ oz. Brown & Polson's " Patent " Corn Flour.
1 pint Water. 2 Lemons. 4 to 6 oz. Sugar.
Whites of 2 Eggs. Yolk of 1 Egg.

Blend the Corn Flour with a little of the water to a smooth cream. Add the thinly peeled rind to the remainder of the water, and bring to the boil slowly. Strain, put back in saucepan and pour in the Corn Flour. Add the sugar and strained lemon juice—bring to boil and cook for ten minutes, stirring all the time. Put three quarters of the mixture into a separate dish, and when slightly cool stir in the whites of the two eggs beaten to a stiff froth. Pour into mould. To the remaining quarter of the mixture add half a gill of water and the beaten yolk of egg and bring to boil. When both are cool, turn out the larger portion first, roughly whisk the yellow portion, and place round it.

Little Dinner Loaves

(VERY DIGESTIBLE).

15 *Loaves.* *Time* 20 *to* 30 *mins.*

2 oz. Brown & Polson's "Raisley."
1 lb. Flour.
A small tea-spoonful of Salt.
A small tea-spoonful of Castor Sugar.
1 pint Milk.

Measure out the ingredients. Butter 1½ dozen small baking tins. Mix the flour, "Raisley," salt, and sugar well together in a bowl, dry. Add the milk gradually, stirring with a wooden spoon till you have a very thin dough or batter. Pour *at once* into the prepared tins, filling them only *half full*, and put *at once* into a *hot* oven. Remove when well browned, which will take about ten or fifteen minutes, and put on a wire tray to cool.

Some flours will absorb more milk than others. The maximum quantity is stated here, but with some flours this may make too thin a dough; in that case a little less milk, say ¾ pint, should be used.

It is well not to mix up more than you can bake at once, as the mixture, if left, quickly loses its raising power. These loaves can be equally well baked on a griddle. Put the little tins when half filled on a hot griddle, and put an empty inverted tin on the top of each. The dough will rise to almost fill the upper tin. When sufficiently browned on the underside, turn the loaf upside down, remove the tin now on top, and allow the other side to brown. Cool on a wire tray. These loaves should have a nice crisp crust, and should be eaten when new. When old they will be *greatly improved by re-heating* in the oven or before the fire.

NOTE.—Unlike fermented bread (bakers' bread), "Raisley" bread and scones are best when new. Fermented bread is seldom free from acid.

"Raisley" bread is never acid, and is therefore more easy of digestion.

TINS.—Nice little tins, specially made for baking these Little Dinner Loaves, can be had from Brown & Polson, Ltd., Paisley, or from the local grocer.

Scotch Breakfast Scones

12 *Scones.* *Time* 10 *to* 15 *mins.*

2 oz. Brown & Polson's "Raisley."
1 lb. Flour.
A small tea-spoonful of Salt.
About a breakfast-cupful of Milk (½ pint).

Measure out the ingredients. Mix the flour, "Raisley," and salt well together in a bowl, dry. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about half-an-inch thick, and cut into circles or three-cornered pieces. Put at once into a hot oven or on to the griddle or hot plate sprinkled with flour. The hotter the oven the better will these scones be raised. In a quick oven they will be ready in three to five minutes. Cool on a wire tray.

Milk Bread Twists

12 *Twists.* *Time* 20 *mins.*

2½ oz. Brown & Polson's "Raisley."
1 lb. Flour.
A small tea-spoonful of Salt.
1 oz. of Butter.
1 Egg.
A small tea-spoonful of Castor Sugar.
½ pint Milk.

Measure out the ingredients. Mix the flour, "Raisley," and salt well together in a bowl, dry. Rub in the butter. Beat up the egg a little with the sugar and mix into the flour. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about one-half to three-quarters of an inch thick. Cut into strips about three-quarters of an inch wide, and roll these strips into round ropes. Twist these now into knots, plaits, horse-shoes, etc., brush over with milk, place on a baking sheet, and put *at once* into a *hot* oven. They should be ready in five to ten minutes, according to heat. The hotter the oven the better will they rise. Cool on a wire tray.

Paisley Rolls

8 *to* 12 *Rolls.* *Time* 20 *to* 30 *mins.*

1¼ oz. Brown & Polson's " Raisley."
2 oz. Butter.
8 oz. Flour.
½ tea-spoonful Salt.
½ tea-spoonful Castor Sugar.
Yolk of an Egg.
¼ pint Milk.

Measure out the ingredients. Rub the butter into the flour. Add the salt, sugar, and " Raisley." Mix thoroughly. Beat up the yolk of the egg, add it to the milk, and mix in lightly to the dry ingredients, making a moderately soft dough. Turn this on to a floured board, roll out till about ⅛ of an inch thick, cut into pieces about four inches square, roll these up into rolls, brush over with milk, and bake in a very quick oven for fifteen minutes. Cool on a wire tray.

London Buns

12 *Buns.* *Time* 20 *to* 30 *mins.*

2 oz. Brown & Polson's " Patent " Corn Flour.
1 oz. „ „ " Raisley."
4 oz. Flour.
A pinch of Salt.
1½ oz. Butter.
1 Egg.
1½ oz. Castor Sugar.
1 table-spoonful Candied Peel.
Milk to mix.

Measure out the ingredients. Mix the Corn Flour, flour and salt well together. Rub the butter lightly into this. Beat up the egg well. Add the sugar, candied peel, and " Raisley " to the flour mixture, mixing well. Make into a stiff dough with the egg and sufficient milk. Form into balls. Lay on a greased baking sheet, brush over with melted sugar and bake in a quick oven for ten or fifteen minutes. Cool on a wire tray.

Raspberry Buns

12 *Buns.* *Time* 20 *to* 30 *mins.*

1½ oz. Brown & Polson's "Raisley."
12 oz. Flour.
1 Egg.
3 oz. Butter.
A little Milk.
3 oz. Castor Sugar.
Small quantity Raspberry Jam.

Measure out the ingredients. Rub the butter lightly into the flour. Add the "Raisley" and the sugar. Beat the egg; stir it into the dry ingredients with sufficient milk to make a stiff paste. With floured hands form this mixture into balls. Make a hole in the centre with your finger, fill in with jam and cover over. Place on a greased oven shelf, flatten slightly, and bake in a sharp oven about twelve minutes. Cool on a wire tray.

Corn Flour Cookies

12 *Cookies.* *Time* 20 *mins.*

4 oz. Brown & Polson's "Patent" Corn Flour.
1 oz. „ „ "Raisley."
4 oz. Flour.
3 oz. Lard or Butter.
3 oz. Castor Sugar.
1 Egg.
½ Lemon (juice and grated rind).

Measure out the ingredients. Mix the flour, corn flour, and "Raisley," together, dry. Cream the butter and sugar. Add the lemon rind and juice, also the eggs well beaten. Lastly, add the flour mixture. Knead to a light dough. Roll out, and cut into round cakes ¾ inch in thickness. Bake on a greased tin in a quick oven for about 15 minutes.

Rough Puff Pastry

For 6 *to* 8 *persons.* *Time* ¾ *to* 1 *hr.*

1 tea-spoonful "Raisley."
½ lb. Flour.
6 oz. Butter or Lard or mixed.
Water to mix.

Put the flour in a bowl with a pinch of salt, and cut the fat into the flour in large pieces. Add just sufficient water to make a firm dough. Do not knead. Turn on to a floured board, roll out into a long strip, sprinkle half the "Raisley" over, and fold in three. Turn so that the folded edges are to the side, and roll again into a long strip. Sprinkle with the rest of the "Raisley," fold in three and turn again. Roll again into a long strip, again fold in three, then roll, and use as required. The pastry may be put aside in a cool place for ten minutes after folding the first and second times. This pastry may be used for covering meat pies, for tartlets, patties, etc.

To make good puff pastry everything must be kept as cool as possible. It should be made in a cool room, and the hands should be kept cool by dipping in cold water now and again. If you have a marble slab to roll the dough out on, so much the better, and this should be kept cool by spraying cold water over it now and again and drying afterwards.

Short Crust (Pastry)

Rich.	Plain.
1oz. Brown & Polson's "Raisley."	1 oz. Brown & Polson's "Raisley."
2 oz. Brown & Polson's "Patent" Corn Flour.	6 oz. Flour.
6 oz. Flour.	3 oz. Butter.
5 oz. Butter.	1½ oz. Sifted Sugar.
1 oz. Sifted Sugar.	A pinch of Salt.
A pinch of Salt.	1 Yolk of Egg.

Mix together the flour and "Raisley," also the Corn Flour if used. Rub in the butter lightly. Mix in the sugar and salt. Add the yolk of egg, if used, and about a half tea-cupful of water, little by little. Mix with the first two fingers until you have a smooth firm paste. Be sure not to make the paste too moist if it has to be rolled out thinly.

Paisley Jam Sandwich. No. 1.

For 6 persons. Time 20 to 30 mins.

1 oz. Brown & Polson's "Raisley."
6 oz. Flour. 2 oz. Butter.
A pinch of Salt. 1 Egg.
4 oz. of Sifted Sugar. ¼ pint Milk.
Essence of Lemon, or other flavouring.

Measure out the ingredients. Butter two round shallow baking tins. Mix the flour, "Raisley," and salt well together in a bowl, dry. Beat the sugar and butter into a cream. Beat the egg separately, and add it to the sugar and butter. Work into this the mixture of flour, adding the milk and flavouring. Pour the mixture *at once* into the two tins and put into a moderately *hot* oven. When baked, turn out, cool on a wire tray, and put together with jam between.

TINS.—Special sandwich tins can be had from Brown & Polson, Ltd., Paisley.

Swiss Roll

(*Quantity for a tin measuring 8½ ins. by 10½ ins.*)

1 tea-spoonful "Raisley." 3 oz. Flour.
2 Eggs. 1 dessert-spoonful Warm Water.
3 oz. Sugar. 3 table-spoonfuls Jam.

Measure out the ingredients. Butter and paper a square flat baking tin (see list of utensils for suitable tin). Whisk the whites of the eggs to a stiff froth, then add the yolks one at a time, beating well. Beat in the sugar till dissolved. Mix together the flour and "Raisley," and add them with the warm water and flavouring. Mix all lightly. Pour into the prepared tin and bake in a hot oven for about ten minutes. Turn out on to a sugared paper. Spread with jam (heated) and roll up.

N.B.—The success of this cake depends mainly on the beating and baking of this mixture.

Macaroon Tartlets

Sufficient for 12 tartlets. Time 30 to 40 mins.

1 oz. Brown & Polson's "Patent" Corn Flour.
1 tea-spoonful Brown & Polson's "Raisley."
¼ lb. good Short Crust (see page 28).
2 oz. Ground Almonds. 3 oz. Castor Sugar.
½ tea-spoonful Almond Essence. White of an Egg. Jam.

Roll out the pastry to one-eighth of an inch, and with it line the patty tins. Put the egg white into a bowl and beat slightly. Add the almonds, sugar, essence, and beat for ten minutes. Add the Corn Flour and "Raisley," mix well, and put ½ tea-spoonful jam into each lined tin. Put a spoonful of the almond mixture over to cover the jam. Put two little strips of pastry over the top and bake in a hot oven for fifteen minutes.

Shortbread

Afternoon Tea Cakes

8 to 12 Cakes. Time 20 to 30 mins.

1 oz. Brown & Polson's "Raisley."
2 oz. Sultanas.
2 Eggs.
8 oz. Flour.
1 small half tea-spoonful Salt.
2 oz. Castor Sugar.
2 oz. Butter.
A little Milk.

Measure out the ingredients. Clean and dry the sultanas. Beat the eggs well. Mix together the flour, salt and sugar. Rub in the butter lightly. Mix in the sultanas and the "Raisley." Stir in the beaten eggs with sufficient milk to make a smooth dough. Turn on to a floured baking board, and roll out half-an-inch thick. Cut into rounds, and bake in a hot oven for about fifteen minutes. Cut the cakes open, butter, dust with sugar, and serve hot.

Scotch Shortbread

4 oz. Brown & Polson's "Patent" Corn Flour.
1 tea-spoonful "Raisley."
12 oz. Flour.
8 oz. Butter.
4 oz. Castor Sugar.
Yolk of Egg.

Cream together the butter and sugar and beat in the yolk of an egg. Mix gradually the Corn Flour, flour, and "Raisley," kneading it with the hand. Turn on to a floured board and make it into two or four round shapes (flat). Mark the edges, or place in shortbread moulds or tins and bake in a slow oven for twenty to thirty minutes. Cool on a wire tray.

EARTHENWARE MOULDS.—These can be had from Brown & Polson, Ltd., Paisley.

Shortbread Biscuits

24 Cakes. Time 20 to 30 mins.

4 oz. Brown & Polson's "Patent" Corn Flour.
½ oz. " " "Raisley."
6 oz. Flour. 6 oz. Butter. 1 Yolk of Egg.
2 oz. Castor Sugar. ½ oz. Lemon Peel.

Measure out the ingredients. Mix the flour, Corn Flour, and "Raisley" together. Rub in the butter lightly and add the yolk of egg and the sugar. Turn on to a floured pastry board, and knead till smooth. Roll out quite thin, about ¼ of an inch. Cut into rounds with a fancy cutter. Put a strip of peel in the centre of each. Bake in a moderate oven ten minutes. Cool on a wire tray.

Melting Moments

16 *to* 18 *Cakes.* *Time* 20 *mins.*

8 oz. Brown & Polson's "Patent" Corn Flour.
1 oz. " " "Raisley."
6 oz. Butter.
3 oz. Castor Sugar.
2 Eggs.
Flavouring of Lemon or Vanilla.

Measure out the ingredients. Butter two dozen small patty tins. Cream the butter and sugar together. Beat up the eggs, and add them alternately with the Corn Flour until both are used up. Last of all, add the "Raisley" and flavouring. Put a tea-spoonful of the mixture into each of the patty tins. Bake for ten minutes.

These make delicious little afternoon tea cakes.

Wheaten Meal Biscuits

24 *Biscuits.* *Time* 20 *to* 30 *mins.*

2 oz. Brown & Polson's "Raisley."
8 oz. Wheaten Meal.
2 oz. Butter.
2 oz. Castor Sugar.
1 Egg.
A little Milk.

Measure out the ingredients. Mix the "Raisley" and wheaten meal well together. Rub in the butter lightly, and mix in the sugar. Beat up the egg and stir it in. Add as much milk as is necessary to make a stiff paste. Roll it out one-eighth of an inch thick, cut into round biscuits, mark the top with a fork. Bake in a moderate oven till a light brown colour. Cool on a wire tray.

Almond Rings

2 oz. Brown & Polson's "Patent" Corn Flour.
6 oz. Flour.
6 oz. Butter.
4 oz. Sugar.
4 oz. Ground Almonds.
1 Egg.
¼ tea-spoonful Almond Essence.
2 oz. Almonds (skinned and chopped).

Cream together the butter and sugar. Beat in the egg, add the flour, Corn Flour, ground almonds and essence, mixing all thoroughly. Roll out to ¼ inch in thickness, cut into rounds with a 2½ inch cutter, then stamp out the centre of each with a small cutter so as to form rings. Brush over with sugar and water and sprinkle with the chopped almonds. Bake in a moderate oven till golden brown—about ten minutes.

Cheese Cakes.

18 *to* 24 *Cakes.* *Time* ¾ *to* 1 *hour.*

1 oz. Brown & Polson's " Patent " Corn Flour.
½ oz. Brown & Polson's " Raisley."
6 oz. Rough Puff Pastry (page 28).
3 oz. Butter. 3 oz. Sugar. 2 Eggs.
2 oz. Flour. ½ tea-spoonful Vanilla Essence. Jam.

Roll out the pastry to about one-eighth inch in thickness, cut into a round with a cutter and line patty tins. Put a half teaspoonful jam in each. Cream together the butter and sugar, beat the eggs in thoroughly one at a time. Mix together the flour, Corn Flour and " Raisley." Add to the mixture. Then add the flavouring. Put a tea-spoonful of mixture into each prepared tin covering the jam. Put two narrow strips of pastry across each and bake in a fairly hot oven about twenty minutes. The grated rind of half a lemon may be used for flavouring instead of the vanilla essence.

Tins.—Special fancy tins can be had from Brown & Polson, Ltd., Paisley.

Rice Cakes

12 *Cakes.* *Time* 30 *mins.*

1 oz. Brown & Polson's " Raisley."
3 oz. Flour. 3 oz. Butter. 3 oz. Ground Rice.
3 oz. Castor Sugar. A pinch of Salt. 2 Eggs.
Flavouring, Lemon, Vanilla or Almond Essence.

Measure out the ingredients. Butter a dozen small cake tins. Mix the ground rice, flour, " Raisley " and salt thoroughly in a basin. Beat the butter and sugar until quite white and creamy. Beat up the eggs. Add to the butter and sugar mixture a little of the beaten eggs with a little of the flour mixture. Continue until beaten egg and flour mixture is used up. Add flavouring last of all. Place in spoonfuls into the prepared cake tins. Bake in a moderately heated oven fifteen minutes.

Cherry Cake

For 6 to 8 persons. Time 1 to 1½ hrs.

2 oz. Brown & Polson's "Patent" Corn Flour.
½ oz. „ „ "Raisley."
4 oz. Butter.
4 oz. Castor Sugar.
4 Eggs.
4 oz. Flour.
4 oz. Preserved Cherries.
½ tea-spoonful Grated Lemon Rind.

Measure out the ingredients. Butter and flour a one-pound cake tin. Beat the butter and sugar to a cream. Add the eggs one by one, beating well. Mix the flour and the Corn Flour well together, and stir lightly into the batter. Cut the cherries in two, and add them. Last of all, add the lemon rind and "Raisley" and mix lightly. Pour into the prepared tin, and bake in a moderately heated oven for about fifty minutes. Cool on a wire tray.

Vanduara Lunch Cake

For 6 to 8 persons. Time 1 to 1½ hrs.

4 oz. Brown & Polson's "Patent" Corn Flour.
1 oz. „ „ "Raisley."
3 oz. Sultana Raisins.
2 oz. Candied Peel.
3 oz. Butter.
4 oz. Sifted Sugar.
2 Eggs.
4 oz. Flour.
½ tea-spoonful grated Lemon Rind, and a pinch of Salt.

Measure out the ingredients. Butter a one-pound cake tin. Clean and pick the raisins, and cut the peel into small dice. Beat the butter and sugar to a cream. Beat the eggs well. Mix the flour and Corn Flour together, and add to the butter and sugar alternately with the eggs. Beat well, then add the raisins, the peel, and the lemon rind and salt. Last of all put in the "Raisley," and mix lightly into the mixture. Pour into the prepared cake tin, and bake for about one hour in a moderately heated oven. When baked, take out of the tin and allow to cool on a wire tray.

Mondamin Cake

6 oz. Brown & Polson's "Patent" Corn Flour.
¾ oz. Brown & Polson's "Raisley."
6 oz. Butter.
5 oz. Sugar.
3 Eggs.
½ oz. Chopped Peel.

Cream together the butter and sugar. Beat in the eggs one at a time alternately with a little Corn Flour. Stir in the rest of the Corn Flour, the chopped peel and the "Raisley." Put into a greased Mondamin Cake tin and bake in a moderate oven for about three-quarters of an hour.

TIN.—A special tin with pipe in centre for baking this cake can be had from Brown & Polson, Ltd., Paisley.

Corn Flour Cake

For 4 *to* 6 *persons.* *Time* 30 *to* 40 *mins.*

4 oz. Brown & Polson's "Patent" Corn Flour.
½ oz. ,, ,, "Raisley."
2 oz. Butter.
2 Eggs.
3 oz. Sifted Sugar.
Grated Rind of 1 Lemon.

Measure out the ingredients. Butter a one-pound cake tin. Beat the butter to a cream. Add the sugar and mix well. Break in the eggs and beat all well together. Stir in lightly the Corn Flour and beat well till thoroughly mixed. Stir in the grated rind of a lemon. Last of all, add the "Raisley." Mix well, pour into the prepared cake tin and put at once into a quick oven. Bake for half an hour, turn out and cool on a wire tray.

Madeira Cake

For 8 persons. Time 1 to 1½ hrs.

2 oz. Brown & Polson's "Patent" Corn Flour.
1 oz. ,, ,, "Raisley."
6 oz. Flour.
4 oz. Butter.
5 oz. Castor Sugar.
3 Eggs.
½ Tea-spoonful Grated Lemon Rind or a few drops Essence of Lemon.
Pinch of Salt.

Measure out the ingredients. Butter a round cake tin. Beat the butter and sugar to a cream. Beat up the eggs well. Mix the flour and Corn Flour together. Add a little of the flour mixture to the butter and sugar, beating well, then a little of the egg, and go on repeating till both egg and flour are used up. Add the salt and grated lemon rind, and last of all the "Raisley." Mix well and pour into the prepared cake tin. Bake for one hour in a moderately heated oven. When baked, remove from the tin and lay on a wire tray to cool.

The success of this cake depends mostly on the beating, which should be continued all the time the mixing is taking place.

To make a richer cake use 4 oz. flour in place of 6 oz.

For a light fruit cake add 2 oz. sultanas, and ½ oz. candied peel, with the salt and lemon rind.

Plain Sultana Cake

2 oz. Brown & Polson's "Raisley."
1 lb. Flour.
¼ tea-spoonful Salt.
6 oz. Dripping.
5 oz. Sugar.
6 oz. Sultanas.
2 oz. Candied Peel.
2 Eggs.
About ½ pint Milk.

Rub the dripping into the flour. Add the other dry ingredients. Mix with the beaten egg and milk. Put into a greased cake tin, dredge the top with sugar, and bake about one hour in a moderate oven.

Raisins or currants may be substituted for sultanas, or two tea-spoonfuls caraway seeds for *Plain Seed Cake.*

Brown & Polson's Custard Powder is a companion article to the famous Corn Flour of the same name.

This Custard Powder has been placed on the market in order to meet the demand for a Custard of high quality at moderate cost. No claim is made that this article contains dried eggs, milk or cream. It is made from the finest materials carefully prepared and choicely flavoured, and its uniform high quality has earned for this Custard the right to find a place in every well-appointed kitchen.

The following recipes will indicate some of the ways in which Custard Powder can be used to advantage. It might be added that many people like adding a little Custard Powder to the Corn Flour when making blanc-mange or similar dish.

Boiled Custard

To serve with stewed fruit, jellies, cold sweets, etc.
¾ oz. Custard Powder. 1 pint Milk. 1 oz. Sugar.

Mix the Custard Powder to a smooth cream with a little of the cold milk. Put the rest of the milk into a saucepan with the sugar, when boiling add to the mixed Custard Powder, stirring all the time. Return to the saucepan, and boil for two or three minutes, still stirring. Serve hot as *Custard Sauce* with puddings, fruit pies, etc. ; or allow to cool, remove the skin from the top, and serve in custard glasses, or one large glass dish. A little nutmeg may be grated over the surface if liked.

Apricot and Custard Pudding

½ pint boiled Custard.
¼ lb. dried Apricots.
1 oz. Sugar.
½ pint Water.
Rind of ½ Lemon.
3 Sponge Cakes.

Wash the apricots and put to soak with the water for some hours, then simmer gently with the sugar and lemon rind till soft. Cut the sponge cakes in half and put in a pie-dish with the apricots between and over. Pour the juice over to soak the sponge cakes. Coat thoroughly with the Custard, and bake in a moderate oven for twenty minutes. May be served hot or cold.

Baked Raisin Pudding

1 oz. Custard Powder.
7 ozs. Flour.
4 ozs. Dripping.
2 ozs. moist Sugar.
3 ozs. Raisins.
1 oz. Candied Peel.
½ teaspoonful Mixed Spice.
1 oz. Raisley.
Nearly 1 gill of Milk.

Rub the dripping into the flour. Chop the candied peel, stone the raisins, and add these with the other dry ingredients. Mix to a soft dough with milk. Put into a greased square tin and bake for about three quarters of an hour in a moderate oven. Turn out and cut in squares, sprinkle with sugar, and serve hot with Custard Sauce.

Lemon Custard Pie

6 ozs. Short Pastry.
1¼ ozs. Custard Powder.
1 pint Milk.
2 ozs. Sugar.
2 ozs. Butter.
2 Lemons.
2 ozs. stale Sponge Cake.

Line a greased pie-dish with pastry, decorate the edge. Melt the butter, mix in the Custard Powder, add the milk, and stir till thick. Add the sugar, cake crumbs, grated rind and strained juice of the lemons. Turn the mixture into the lined dish, and bake in a fairly hot oven for half an hour.

Apple Trifle

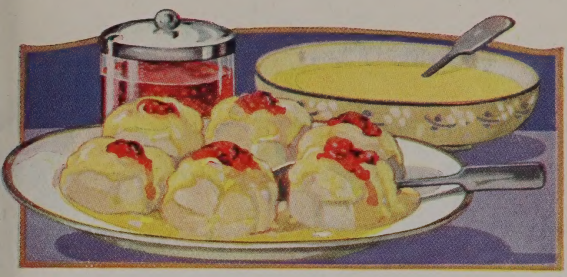
¾ pint boiled Custard.
6 Sponge Cakes.
1 lb. cooking Apples.
3 ozs. Sugar.
½ Lemon.
¼ pint Cream.
Cherries and Angelica.

Peel, core and slice the apples, and cook gently with the sugar, a little grated lemon rind, and about 2 tablespoonfuls water till tender, then mash smoothly with a wooden spoon. Simmer the rinds and cores of the apples with a little sugar, lemon rind and juice and about ¼ pint water to make a nicely flavoured syrup. Colour with 2 or 3 drops of Cochineal. A little sherry is an improvement. Cut the sponge cakes in half, spread with apple puree and pile in a glass dish. Soak with the apple syrup, and cover with the rest of the apple. Coat thoroughly with the custard, and when quite cold decorate the top with the cream whipped and sweetened and pieces of angelica and glace cherries.

Simple Trifle

1 pint boiled Custard.
6 Sponge Cakes.
1 oz. Ratafias.
2 tablespoonfuls Jam.
½ gill Sherry, or Fruit Syrup.
¼ pint Cream.
A few Almonds.

Cut the sponge cakes in half, spread with jam, and pile in a glass dish. Soak with the sherry or fruit syrup. Pour the custard over, and put aside till cold. Whip the cream stiffly and arrange tastefully over the trifle, decorating with ratafias and almonds blanched and shredded.



Baked Apples with Custard Sauce

6 medium sized cooking Apples.
1 oz. Sugar. Raspberry Jam.
6 Cloves. ½ pint boiled Custard.

Peel and core the apples, keeping them whole. Put in a deep baking dish, and into the centre of each put 1 teaspoonful sugar and one clove. Barely cover the bottom of the dish with water. Cover the top with an inverted dish, and bake gently till tender. Lift carefully on to a hot dish, fill the cavities with jam and pour the custard round.

Gooseberry Custard Tartlets

4 ozs. Short Pastry. ½ pint Milk.
½ oz. Custard Powder. ½ pint Gooseberries.
3 ozs. Sugar.

Pick the gooseberries, put in a saucepan with the sugar and a very little water, and simmer till soft, then rub through a sieve. Mix the Custard Powder with a little cold milk, boil the rest of the milk and add to the mixed powder, return to the saucepan, and stir till thick, then mix with the gooseberry puree. Roll out the pastry and line some deep patty tins, fill with the custard mixture, and bake in a fairly hot oven about 15 minutes.

Rice Custard Pudding

¾ oz. Custard Powder. 1½ ozs. Rice.
1¼ pints Milk. 1 oz. Sugar.
1 oz. Butter.

Boil 1 pint milk, stir in rice, and simmer till the rice is soft. Add the sugar, butter, and Custard Powder mixed with the other ¼ pint milk. Stir till thick, then turn into a greased pie-dish and bake in a moderate oven for about ½ an hour.

Useful Hints on Baking

The first requisites for successful and wholesome baking are :—

The utmost cleanliness of all utensils and of the hands when mixing ;

The soundness and sweetness of all the ingredients ;

Judgment and attention to the directions.

Utensils

Below we give a list of the utensils required for baking. Most of these will be found in an ordinary kitchen.

Scales or Spring Balance.

Gill and Pint Measures.

Failing these, the Table of Equivalent Weights and Measures shown at the end of book will be found useful.

Pastry Board and Rolling Pin.

One or two Wooden Spoons.

Griddle for baking scones, pancakes, etc.

Sugar Dredger for sifting sugar over cakes, tarts, puddings, etc.

Wire Tray on which to cool cakes, etc.

Small Brushes for greasing tins and brushing pastry.

Grater for grating bread, cocoanut, almonds, orange and lemon rind, etc.

Cake, Patty and Tart Tins for baking.

Pastry Cutters for cutting out shapes and ornamenting pastry.

Egg Whisk.

We supply a few cookery utensils and baking tins, which are specially made for us in large quantities, and, as we take only a nominal profit, the prices are very moderate. See separate list accompanying book.

Ingredients

FLOUR.—Flour should be perfectly dry when used for baking. If at all damp, the preparation is sure to be heavy. Before using the flour it is a good plan to place it for an hour or two before the fire until it feels warm and dry, and then run it through a sieve.

Good flour should have a pleasant smell, and an absence of acid or rancid taste. A test for good flour is the amount of liquid it will absorb, and when spread out it should show no traces of bran.

MILK.—Milk should be perfectly sweet, as, if slightly sour, it will not only injure the flavour of the bread, etc., but in sultry weather will often cause it to be quite uneatable.

Condensed milk is a good substitute for fresh milk or cream, but when it is used less sugar will be required. Unsweetened condensed milk is much to be preferred to sweetened.

Butter-milk will make excellent bread and scones with "Raisley," but it should be used as new as possible, as when it is kept for a number of days it gets more acid and is apt then to flavour the scones, etc.

For invalids, however, only good sweet milk should be used, as it makes the most digestible bread.

SUGAR.—Castor or sifted sugar is the best. Any coarser kind should be pounded and sieved before using. Coarse sugar leaves cakes, etc., heavy and hard.

BUTTER.—Never be tempted to use inferior butter in baking as it will spoil the quality of the cake or pastry. Good margarine may be used instead of butter. If the butter is very salt, it should be washed in cold water and then dried in a clean towel. When beating butter to a cream, never allow it to become oil by placing it too near or *too long* beside the fire.

EGGS.—Each Egg should be broken into a cup by itself before it is added to others. By doing this you will prevent a bad one spoiling the rest.

CURRANTS.—Currants should be washed in cold water and thoroughly dried in a coarse towel to clean them and remove any pieces of grit. This should be done some time before using them that they may be thoroughly dry. Even a slight dampness will make the currants heavier, and cause them to sink to the bottom of the cake. The cake also will be liable to be heavy.

Ingredients—*Continued*

RAISINS.—The stones should be taken out of raisins and the stems removed. Sultana raisins should be prepared the same as currants, and the stems removed.

ALMONDS.—Almonds for cakes should be blanched by putting them into boiling water for a few minutes, then into cold water, and afterwards rubbing them in a coarse towel to remove the softened skins.

"RAISLEY."—In any general recipe calling for carbonate of soda and cream of tartar, use "Raisley" instead, in the proportion of 1 oz. (2 level table-spoonfuls) to half-a-pound of flour for bread, scones, etc. But remember that when many eggs are used, a much smaller proportion will be sufficient, say, half as much.

Mixing the Ingredients

There are more cakes spoiled by insufficient mixing than in any other way, therefore do the mixing thoroughly. Note the times mentioned for mixing in some of the recipes. Never mix a cake in a tin basin, but always use an earthenware bowl, for when butter and sugar are rubbed together in a tin basin they will be much darkened by the tin. For the same reason, stir the mixture with a wooden spoon. Mix spices with the dry flour.

Preparing Tins

For large rich cakes always line the cake tin with buttered paper. For ordinary and light cakes grease the tins with good lard or margarine, sprinkle in a little flour, shake the tin till the inside surface is covered with a coating of flour, and empty out the flour that remains.

Baking

If the baking is to be done in a gas oven, light it first thing of all; if in an ordinary coal oven, make up the fire beforehand; so that, in either case, the oven will be at the proper heat when the bread, etc., is ready to be put in. When an ordinary oven is at the proper heat, build up the fire with coal, and partly close the damper; this will give a steady heat, and by pulling out the damper the heat can be increased if wanted.

Baking—*Continued*

Scones, muffins, rolls and little dinner loaves require a very quick oven.

Buns and small cakes require a hot oven, so also do large fruit cakes, for if the oven is too slow the fruit will sink to the bottom and the cake will be very heavy.

Large cakes require a moderately heated oven, in order that they may be well baked in the centre without being overdone on the outside.

Sponge cakes must have a moderately hot oven. If too hot they will rise quickly and fall again.

To prevent a cake from being burned on the bottom, place it on a barred oven shelf instead of an ordinary close one. If you have not a barred shelf, raise the tin up from the shelf by placing a flat tin or brick under it, which will have the same effect. In order to ascertain if a cake is sufficiently baked, insert a fine skewer or knitting needle into the centre of it. If it comes out quite clean, the cake is ready, but if any dough is sticking to it, or if the needle is the least damp, put the cake back into the oven at once. If the cake gets brown on the top before being cooked in the middle, cover it with a well-buttered paper.

Cakes should be left for a few minutes in the tin before being turned out. Then they should be put to cool on a wire tray. Cakes should be kept in air-tight tins and in a cool place.

Pastry requires a very hot oven, in order that the starch cells may burst and absorb the fat before it gets time to run out. If the oven is too slow, the pastry will be heavy and sodden.

The following tests may be found useful for trying the heat of the oven :—

Put a sheet of writing paper in the oven, and leave it there for one minute.

1. If it burns, the oven is too hot.

2. If the paper becomes dark brown, it is suitable for pastry, scones, muffins, little dinner loaves, etc.

3. If light brown, it does for buns and small cakes, pies and tarts.

4. If very pale brown, for cakes.

5. If pale yellow, for biscuits, puddings, etc.

EQUIVALENT WEIGHTS & MEASURES

For Dry Materials

16 oz. = 1 lb. = 3 Tea-cupfuls or 2 Breakfast cupfuls, closely filled, but not heaped.
8 oz. = ½ lb. = 1 Breakfast-cupful, closely filled, but not heaped.
4 oz. = ¼ lb. = 1 Tea-cupful, loosely filled.
1 oz. = 2 Table-spoonfuls, filled level.
½ oz. = 1 do. do.
¼ oz. = 1 Dessert-spoonful, filled level.
1 oz. Butter = 2 Dessert-spoonfuls, do.

For Liquids

2 Pints = 1 Quart = 3 large or 4 small Breakfast-cupfuls.
4 Gills = 1 Pint = about 3½ Tea-cupfuls, or nearly 2 Breakfast-cupfuls.
1 Gill = 1 Small Tea-cupful.

Approximate Weights and Coinage

2 oz. = 10/- in Silver, or Six Penny Pieces.
1 oz. = 5/- in Silver, or Three Penny Pieces.
½ oz. = 2/6 in Silver, or a Penny Piece and a Halfpenny piece.
¼ oz. = 1/3 in Silver, or a Threepenny Piece and a Half-penny piece.

IMPORTANT

Where "1 gill" is mentioned in the recipes it is to be understood as an Imperial Gill, equal to ¼ pint.

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